

City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships

NOVEMBER/DECEMBER 2013

Holiday Arts and Crafts Sale

Saturday, November 9, 2013 - 9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center - 3341 Torrance Blvd.

**Come find that special one-of-a-kind gift,
hand-crafted by Senior Citizens!**

(Crafts Vendors: please call the Bartlett Center at 310-320-5918
for more information and registration forms!)



Holiday Luncheon

Friday, December 13, 2013 at 11:30 a.m.

Ken Miller Recreation Center

3341 Torrance Blvd. in Torrance

\$12.00 per person

Menu: Prime Rib, Mashed Potatoes

*Praline Sweet Potatoes, Creamed Peas, Dinner Roll,
and Pecan Pie*

Tickets will be on sale Nov. 5th at Bartlett Center

(You may purchase a maximum of two tickets)

Seating is limited - Please purchase your tickets early!



City of Torrance Community Services Department • RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 • 310/618-2468 • www.Recreation.TorranceCA.Gov

"Creating and Enriching Community through People, Programs and Partnerships"





TORRANCE TRAVELERS

On the go again!

Have Trunk, Will Travel

Thursday, November 14, 2013

LEAVES FROM WILSON PARK at 9:00 a.m.

RETURNS at approximately 5:30 p.m.

Torrance resident fee: \$73.00 per person

Non-resident fee: \$83.00 per person



Pack your trunk and join us for a fascinating day in Ventura County! The ***Exotic Animal Training and Management Program*** was established as a major at Moorpark College in 1974. The present animal collection is maintained on a 5-acre facility on the campus called ***America's Teaching Zoo***. The animals have been acquired through donations and breeding loans from major zoos and research centers. This extraordinary collection has included **exotic animals** ranging from marmosets to an Asian elephant, leopard geckos to alligators, and camels to emus. The zoo is currently home to an African lioness, spotted hyenas, a bald eagle, a mountain lion, red foxes, a wide variety of primates, birds, and many, many other exotic and endangered animals. Our visit to the Teaching Zoo begins with a **live animal show**, followed by a **guided tour** of the facility. The next stop is for **lunch at the Elephant Bar Restaurant in Simi Valley**. We'll each enjoy our choice of the following tasty safari entrees: Market Cobb Salad; The Smokehouse Chicken Sandwich; or the Santa Barbara Burger. Our final stop of the day is for a **guided tour at the Gardens of the World** in Thousand Oaks. This 4.5 acre garden is open to the public and is a striking monument to commemorate the various cultures of the world. The Gardens include Italian, French, Japanese, and English gardens as well as the Mission Courtyard. Join us for a day filled with exotic adventure.

Mission Inn Holiday Festival of Lights

Thursday, December 12, 2013

LEAVES FROM WILSON PARK at 12:00 p.m.

RETURNS at approximately 9:30 p.m.

Torrance resident fee: \$94.00 per person

Non-resident fee: \$104.00 per person



We're off for a memorable evening exploring the holiday traditions of **historic Riverside!** It's a festive time of year and the community goes all out to share this special season. Upon arrival, we'll enjoy a **guided tour of the world famous Mission Inn**, bedecked in glorious holiday décor. Then, we'll have time to relax, explore on our own and do some holiday shopping. We'll also stop off for a sumptuous holiday dinner at the ***Cask 'n Cleaver Steakhouse***, where we'll have Teriyaki Double Chicken Breast with Garlic Mashed Potatoes, Caesar Salad, Fresh Vegetables, Dessert, and Coffee, Tea, or Iced Tea. Then as night falls, we'll return to the Mission Inn to experience the light show. It's a veritable fairyland with over three million lights and more than **350 animated figures** adorning the exterior of this National Heritage Landmark. We might also see Victorian costumed carolers singing holiday songs! Join us for a magical holiday tour!



FREE FIRE SAFETY TRAINING FOR SENIORS

TUESDAY, NOVEMBER 5, 2013

11:50 A.M. – 1:00 P.M.

BARTLETT SENIOR CENTER

1318 CRAVENS AVENUE IN TORRANCE



**JOIN THE TORRANCE FIRE DEPARTMENT TO LEARN ABOUT: COOKING IN THE KITCHEN;
CHRISTMAS TREE SAFETY; HEATING EQUIPMENT TIPS; SMOKE ALARM SAFETY; BASIC FIRE
ESCAPE PLANNING; HOME FIRE SAFETY SURVEY.**

It's that time of year again...

FLU SHOT CLINIC



Monday, November 18, 2013

9 a.m. to 12 noon

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance



For more information, please call 310-320-5918.

Please see your physician if you have a serious illness or are hypersensitive to eggs.



CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

November 5 11:50 a.m. – 1:00 p.m.	<i>Free Fire Safety Training for Seniors</i>	Bartlett Senior Center 1318 Cravens Ave. in Torrance
November 9 9:30 a.m. – 2:30 p.m.	<i>Senior Citizens Holiday Arts and Crafts Show</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
November 18 9:00 a.m. – 12 noon	<i>Flu Shot Clinic</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
December 13 11:30 a.m.	<i>Holiday Luncheon</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance

BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 p.m. to 4:00 p.m.
Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors”	Fee: \$55.00/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard	
WEDNESDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors”	Fee: \$55.00/Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:00 a.m.-3:00 p.m.	Beadwork Workshop	
THURSDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Ceramics Workshop	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
	12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY	8:05 a.m.-9:35 a.m.	“Fitness Difference for Seniors”	Fee: \$55.00 /Semester
		Co-Sponsored by Torrance Adult School - Older Adult Program	
	9:30 a.m.-11:30 a.m.	Crafts, Knitting, and Crocheting Workshop	
	12:30 p.m.-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Bridge and assorted table games are played	
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!	
	9:30 a.m.-11:00 a.m.	South Bay Strummers Ukulele Group	
	12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY	12:30 p.m.-4:00 p.m.	Bartlett Center is Open! Drop on in!	



Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month. Please call 310/320-5918 to make an appointment.

WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Bridge *

Coffee and cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you’ll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!



Torrance Loving Care “TLC” Tuesdays Tillim Senior Center!

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children’s Hospital, women’s shelters, Veteran’s Hospital, and our men and women serving in the Armed Forces.



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Days only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$39.00/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore and maintain joint range of motion * Toning and firming for flexibility and cardiovascular health

Intermediate Low Impact Aerobics Through Dance * 9:30 a.m. - 11:00 a.m.

Fee: \$39.00/Semester

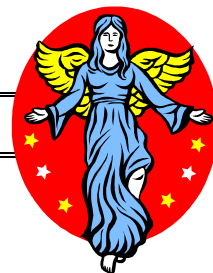
Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Low Impact Aerobics Through Dance * 11:00 a.m. - 12:30 p.m.

Fee: \$39.00/Semester

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*



HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday 9:00 a.m. to 4:00 p.m.

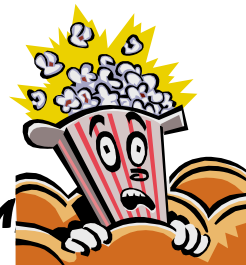
TUESDAY	9:00 a.m. - 4:00 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month
	10:00 a.m.	KNITTING, CROCHETING, AND CRAFTS 3 rd Tuesday of the month
	9:30 a.m.	WIRE WRAPPING W/ CLIFF 2 nd and 4 th Tuesdays of the month
WEDNESDAY	9:00 a.m. - 4:00 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE 1 st Wednesday of the month
THURSDAY	9:00 a.m. - 4:00 p.m.	CENTER IS OPEN
	12:30 p.m. - 3:00 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00



THURSDAY AND SATURDAY MATINEES!

FREE MOVIES AND POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



October 31
November 2

Tower Heist

Rated PG-13 for language
and sexual content.

Ben Stiller
Eddie Murphy
Téa Leoni

November 7 and 9

Gone

Rated PG-13 for violence and terror,
some sexual material, brief
language, and drug references.

Amanda Seyfried
Daniel Sunjata
Jennifer Carpenter

November 14 and 16

Chateau Meraux

Rated PG-13 for violence, sexual
references and language, some drug
material, and partial nudity.

Barry Watson
Marla Sokoloff
Christopher Lloyd

November 26 and 28

Dark Shadows

Rated PG for mild rude humor.

Johnny Depp
Michelle Pfeiffer
Helena Bonham Carter

November 21 and 23

An Old Fashioned Thanksgiving

Not Rated

Jaqueline Bisset
Helene Joy
Ted Atherton

November 28 and 30



Happy Thanksgiving!

Bartlett Center is Closed

December 5 and 7

One For the Money

Rated PG-13 for some sexual
content including references.

Katherine Heigel
Jason O'Hara
Daniel Sunjata

December 12 and 14

Jack the Giant Slayer

Rated PG-13 for intense scenes
of fantasy action violence, some
frightening images, and brief language.

Nicholas Hoult,
Eleanor Tomlinson,
& Ewan McGregor

December 19 & 21

Gremlins

Rated PG

Zach Galligan
Phoebe Snow
Hoyt Axton

December 26 and 28

The Best Exotic Marigold Hotel

Rated PG-13 for sexual content and language.

Judi Dench
Bill Nighy
Dev Patel

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!

TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

November 6, 2013: *The Chateau Meroux*

Rated PG-13 for some sexual content including references.

FEATURING: Barry Watson, Marla Sokoloff, and Christopher Lloyd



December 4, 2013: *Gremlins*

Rated PG

FEATURING: Zach Galligan, Phoebe Snow, and Hoyt Axton

Movie for January: *The Last Ride*



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11:00 a.m.

Upcoming general meetings are November 1 and December 6, 2013

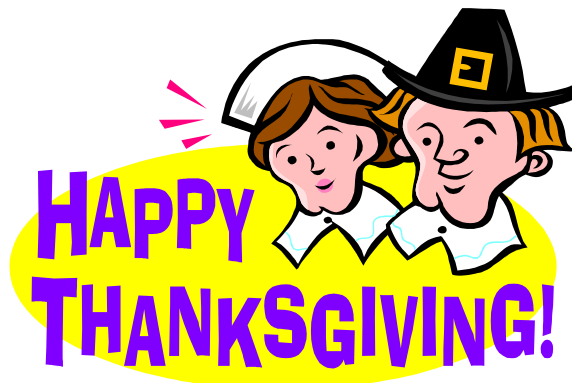
If you are a senior and would enjoy getting out for a morning of “pitch and putt” competition and good fellowship, come on out and see what we have to offer!



Results of September's *Best Two Out of Three* Tournament

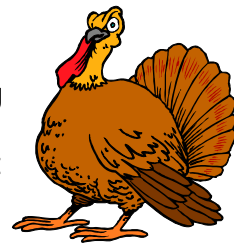
Team	Gross Score	Net* Score
S. Rim, D. Baird, & C. Graham	117	94.7
J. Norris, F. Thompson, & J. Holzman	114	98.0
G. Brown, J. Barber, & T. Maes	115	98.3
D. Matosky, B. Reid, & M. Anson	127	106.3
M. Paskal, B. Fields, & D. Neureither	127	106.3
G. Matzke, B. Ko, & F. Campis	126	108.0

* Net Score is 2/3 of the team's combined handicaps deducted from the Gross (score).



DID YOU KNOW?

Do you know why do turkeys stand out in the rain? Here's what the experts think! Turkeys are extremely curious creatures by nature. Groups of domesticated turkey have been seen standing in the rain with their beaks pointed straight up toward the sky. What are they doing? According to poultry research at the University of Illinois, it is unclear. Some turkey experts speculate that these birds are curiously looking at raindrops falling from the sky. Or could they be attempting to get a drink of water? We are still not sure! An old wives tale suggests that turkeys have been known to actually drown in this position. While this has not been substantiated at the University of Illinois, we do know that without guidance, some domestic turkeys do not know enough to come in out of the rain. If they are young and still covered with down instead of their true feathers, they are much more likely to suffer from exposure than from drowning. Not having enough sense to come in out of the rain may be an understatement in this situation. (from the University of Illinois Extension)



A Great Lesson on Stress

A young lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, 'half empty or half full?' ... She fooled them all "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced."

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night... Pick them up tomorrow. **Here are some tips to practice!**

- 🐦 Accept the fact that some days you're the pigeon, and some days you're the statue!
- 🐦 Always keep your words soft and sweet, just in case you have to eat them.
- 🐦 Always read stuff that will make you look good if you die in the middle of it.
- 🐦 Drive carefully... It's not only cars that can be recalled by their Maker.
- 🐦 If you can't be kind, at least have the decency to be vague.
- 🐦 If you lend someone \$20 and never see that person again, it was probably worth it.
- 🐦 It may be that your sole purpose in life is simply to serve as a warning to others.
- 🐦 Never buy a car you can't push.
- 🐦 Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- 🐦 Nobody cares if you can't dance well. Just get up and dance.
- 🐦 Since it's the early worm that gets eaten by the bird, sleep late.
- 🐦 The second mouse gets the cheese.
- 🐦 When everything's coming your way, you're in the wrong lane.
- 🐦 Birthdays are good for you. The more you have, the longer you live.
- 🐦 Some mistakes are too much fun to make only once.
- 🐦 We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
- 🐦 A truly happy person is one who can enjoy the scenery on a detour.
- 🐦 Have an awesome day and know that someone has thought about you today.
- 🐦 AND MOST IMPORTANTLY: Save the earth..... It's the only planet with chocolate!

